



JUNE 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am – LUNCH: Stuffed Cabbage 12:15 pm – BINGO 12:45 pm – DRUMMING CLASS (Class meets at the Senior Center) 2:15 pm: <i>Volunteers needed to set up for Tuesday's Rummage</i>	2 9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 11:30 am – LUNCH: Herbed Chicken 11:15am – 12:45 pm:  12:30 pm – TAI CHI (Class meets at the Community Center)	3 9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am – LUNCH: Shredded Pork Sandwich 12:15 pm – "COUNCIL REPORT" - Councilmember Bob Best 1:00 pm – ART CLASS (Class meets at the Senior Center)	4 9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 11:30 am – LUNCH: Roast Turkey 12:15 pm – Volunteer Project: MATS for the HOMELESS 12:30 pm – TAI CHI (Class meets at the Optimist Club) 12:45 pm – Grocery Shopping	5 9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center) 11:30 am – LUNCH: Breaded Fish Wedge 12:30 pm – ART CLASS (Class meets at the Senior Center)
8 9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am – LUNCH: BBQ Brisket of Beef 12:15 pm – BINGO 12:45 pm – DRUMMING CLASS (Class meets at the Senior Center)	9 9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 11:30 am – LUNCH: Arroz con Pollo 12:30 pm – TAI CHI (Class meets at the Optimist Club)	10 9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am – LUNCH: BBQ Pulled Pork 12:15 pm – "NUTRITION ISSUES FOR SENIORS" - Leon Medical Center 12:30 pm – ART CLASS (Class meets at the Senior Center)	11 <i>PLEASE NOTE: Effective today, all of Natasha's classes are recessed until June 22nd.</i> 10:00 a.m. – 11:30 p.m.: Free BLOOD PRESSURE SCREENING - Miami Dade Health Dept. 11:30 am – LUNCH: Meatloaf 12:15 pm – Volunteer Project: MATS for the HOMELESS 12:30 pm – TAI CHI (Class meets at the Optimist Club)	12 11:30 am – LUNCH: Vegetarian Lasagna 12:15 pm – NUTRITION EDUCATION: "Keeping Foods Safe to Eat" Raffle Items on Display
15 11:30 am – LUNCH: Baked Ham 12:15 pm – BINGO 12:45 pm – DRUMMING CLASS (Class meets at the Senior Center)	16 10:30 am – 12:30 pm: Free HEARING SCREENINGS - Conducted by HEAR-X - Sponsored by Humana 11:30 am – LUNCH: Ropa Vieja 12:15 pm -- "IMPORTANCE OF HEARING" 12:30 pm – TAI CHI (Class meets at the Optimist Club)	17 11:30 am – LUNCH: Roast Turkey 12:15 pm – "DISASTER PREPAREDNESS" - Monica Rusconi, American Red Cross. 9:30 am – 2:30 pm:  FL DRIVER'S LICENSES & ID CARDS ISSUED at the Senior Center	18 11:30 am – LUNCH: Chicken Cacciatore 12:00 pm – BIRTHDAY & ANNIVERSARY PARTY  12:15 pm – Volunteer Project: MATS for the HOMELESS 12:30 pm – TAI CHI (Class meets at the Optimist Club) 12:45 pm – Grocery Shopping	19 11:30 am – LUNCH: Egg Salad & Soup 12:15 am – Happy Father's Day Celebration Raffle Items Awarded
22 9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am – LUNCH: Picadillo 12:15 pm – BINGO 12:45 pm – DRUMMING CLASS (Class meets at the Senior Center)	23 9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 11:00 a.m. – 1:00 p.m.: DISTRIBUTION of AMPLIFIED TELEPHONES 11:30 am – LUNCH: BBQ Chicken 12:30 pm – TAI CHI (Class meets at the Optimist Club)	24 9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes meet at the Senior Center) 11:30 am – LUNCH: Roast Pork 12:15 pm – CRIME WATCH PROGRAM MSPD Community Policing Office 12:45 pm – ART CLASS (Class meets at the Senior Center)	25 9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 11:30 am – LUNCH: Bistec en Cazuela 12:15 pm – Volunteer Project: MATS for the HOMELESS 12:30 pm – TAI CHI (Class meets at the Optimist Club) 1:15 pm – FIELD TRIP: WAL-MART \$.50/person (16 may go)	26 9:00 --11:00 am: "CELEBRATION" WORKOUT (Class meets at the Senior Center) 11:30 am – LUNCH: Tuna Salad & Soup 12:30 pm – ART CLASS (Class meets at the Senior Center)
29 9:00 am – CHAIR YOGA 10:30 am – "LET'S DANCE" (Classes are at the Senior Center) 11:30 am – LUNCH: Stuffed Cabbage 12:15 pm – BINGO 12:45 pm – DRUMMING CLASS (Class meets at the Senior Center)	30 9:00 am – WEIGHT TRAINING 9:30 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion) 11:30 am – LUNCH: Herbed Chicken 12:15 pm – "IDENTITY THEFT" - Emir Hernandez, Office of the Attorney General 12:30 pm – TAI CHI (Class meets at the Optimist Club) 1:00 pm – ART CLASS (Class meets at the Senior Center)	Call us for more information!  (305) 805-5160		